

WEEKLY PLAN: PILATES FUNDAMENTALS



Aim: learn the fundamentals of Pilates and increase your strength, balance, and flexibility. All videos are gently guided by physiotherapist Lee.

Duration: one week. All videos are approximately 10 minutes in length.

Equipment: a towel/mat.

Level: beginner to intermediate.

Video access: login to [Get Active Victoria](#) and search **Workouts** for each video.

Benefits of Pilates include core strengthening, spinal mobility and flexibility, deep breathing, mindfulness and mind muscle activation.

Day	Video name and length	Description
Day One	Pilates – Beginners 1 🕒 10 minutes	This beginner workout will start to strengthen your core muscles.
Day Two	Pilates for Beginners 2 🕒 10 minutes	Continue to develop your Pilates with another beginner's session.
Day Three	Pilates for Spines 1 🕒 10 minutes	This Pilates session takes you through some targeted stretches for your spine.
Day Four	Connect to Your Core 🕒 10 minutes	This workout focuses on building core strength to provide stability and correct your posture.
Day Five	Pilates – Intermediate 1 🕒 10 minutes	Progress your Pilates to the next level with this whole body workout.
Day Six	Pilates for Spines 2 🕒 10 minutes	Take your Pilates journey further and treat your spine to some gentle stretches.
Day Seven	Pilates Intermediate 2 🕒 20 minutes	This intermediate workout engages all your muscles and targets your core throughout.